

# Tropical Vacation with Catfish and Quinoa

**Makes:** 4 Servings

"I was inspired to make this dish because I love the beach!" Abhijith says. "I used mangoes, pineapple, and home-grown papaya to make it feel tropical. I wanted to keep the recipe simple and healthy, so I chose the quinoa, something my mom likes, especially since she is a cardiac patient. Lastly, I used fresh, local farm-raised catfish because you don't always have to be at the beach to feel like you're there!" Abhijith likes to serve this dish with a Pineapple-Banana-Spinach Smoothie.

## Ingredients

For the Catfish:

**8 ounces** boneless, skinless catfish, cut into small chunks

**1/4 teaspoon** turmeric

**1/2 teaspoon** paprika

**1/2 teaspoon** fennel

**1/2 teaspoon** fresh lemon juice

Salt and freshly ground black pepper

For the Veggies:

**1** red bell pepper, seeded and chopped

**1** yellow bell pepper, seeded and chopped

**1** red onion, peeled and chopped

**1** small zucchini, chopped

**1/2** green papaya, seeded and chopped

**1 tablespoon** olive oil

Salt and freshly ground black pepper

For Quinoa:

**1 1/2 cups** quinoa

**1 tablespoon** olive oil

**1 ounce** raisins

**4** cloves

**1/2 teaspoon** chopped fresh ginger

**1** bay leaf

**1** garlic clove, peeled and minced

**1** small cinnamon stick

Salt to taste



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>443</b>
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	2 g
Cholesterol	30 mg
<b>Sodium</b>	<b>235 mg</b>
<b>Total Carbohydrate</b>	<b>65 g</b>
Dietary Fiber	10 g
Total Sugars	16 g
Added Sugars included	N/A
<b>Protein</b>	<b>21 g</b>
Vitamin D	N/A
Calcium	149 mg

## Directions

1. **To make the Catfish:** In a bowl, combine the fish with the remaining ingredients and refrigerate for 20 minutes. Preheat oven to 375°F; bake fish for 25 minutes, or until flaky and cooked through.
  2. **To make the Veggies:** Meanwhile, in a large bowl, combine the vegetables and seasonings and mix well. Bake in the oven at the same time as the fish, for 25 minutes, or until tender and golden.
  3. **To make the Quinoa:** In a medium saucepan, cook the quinoa according to package instructions. In a nonstick skillet, warm the olive oil over medium heat. Add all of the ingredients and cook for 7 minutes, or until cauliflower and onions are golden brown and tender. Add cooked quinoa, catfish and stir gently to combine.
  4. **To make the Sauce:** In a medium mixing bowl, combine all ingredients together.
  5. **To Assemble:** Pack Catfish into a small bowl. Flip bowl over onto plate to make quinoa dome. Place Veggies on side and serve with Sauce in separate bowl.
- The 2016 Healthy Lunchtime Challenge Cookbook